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# 10 Amazing Nordic Sauna Experiences in the Upper Midwest

Wisconsin and Minnesota (and especially Minneapolis) are fired up over sauna culture. Here are 10 top ways and places to get your steam on.

By [Julia Sayers Gokhale](#) | Published on December 4, 2024



At Silvae Spiritus, you can soak in a wood-fired hot tub, meditate in a sauna or plunge in a cold tub, all surrounded by woods. PHOTO: JON KREYE

It’s late January in Minneapolis, and there’s a sea of people in bathing suits. Outside. Armed with beanies and boots, folks shuffle through a cluster of mobile saunas. Some watch the action from barrel saunas while others join guided experiences in larger cedar structures. Many emerge steaming and head straight for an icy dunk tank. The Sauna Village is part of [The Great Northern](#), an annual arts and activism festival dedicated to celebrating winter. But in ways, this is business as usual in Minnesota.

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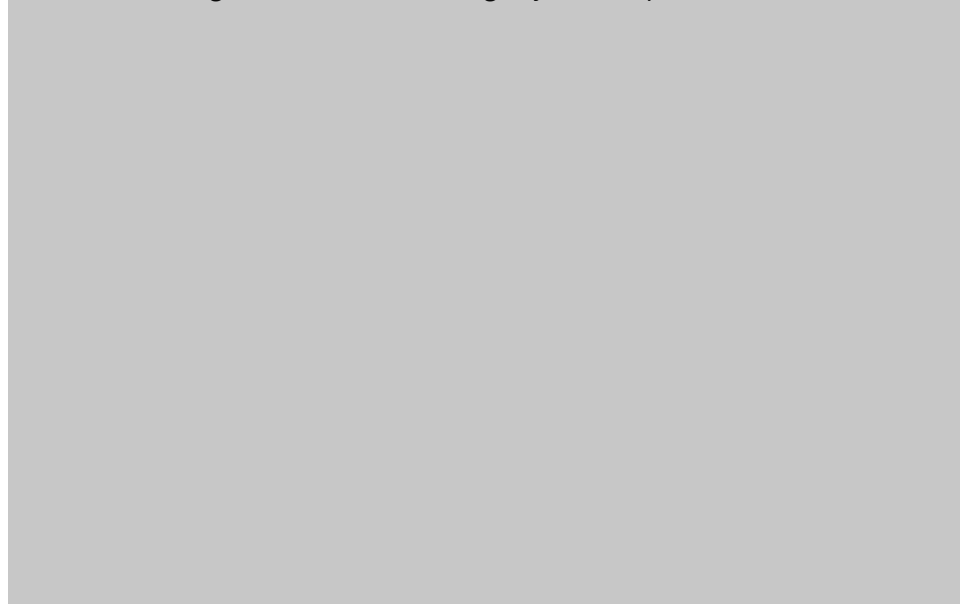
1915). Over the last several years, interest in thermic bathing has grown significantly as folks discover its potential health benefits (reduced blood pressure, muscle recovery, increased circulation). And recently, Minneapolis has cultivated its own take on the culture—a little more social, a little more lively. It ignited, you might say, with John Pederson, who launched the [612 Sauna Society](#), a community-owned start-up, and subsequently Stokeyard Outfitters in 2017. That year, Stokeyard launched a [Thermaculture program at the Hewing Hotel](#), featuring rooftop saunas and cold plunge tubs; the first Sauna Village at The Great Northern was held in 2023.

Pederson—who now works with [Superior Sauna and Steam](#), a sauna supplier and showroom—worked with the city to secure permits for pop-up and permanent experiences. Now, Minneapolis has more quality public sauna experiences than any other city in the country.

“The Twin Cities has a wonderful combination of traditional Nordic sauna influence supercharged with urban newbie curiosity and enthusiasm,” Pederson says. “It’s uniquely positive, innovative and kind—yet very understated and still largely under the radar. It’s uniquely Midwestern in that way.”



Person entering a small red sauna lodge by Lake Superior in winter



Cycle between a sauna with a water view, a firepit and a plunge in the lake at Sisu and Löyly in Grand Marais, Minnesota., PHOTO: ACKERMAN + GRUBER

Though Minnesota has led the trend, you’ll find pockets of new-wave sauna culture across the Upper Midwest. Guided thermic experiences, custom in-home sauna companies, cold-therapy workshops and sleek bathhouses are popping up in several cities and states.

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serve up, enjoy and improve this experience. The quality of the heat and steam matter, the space matters, the hospitality matters. In Minneapolis, we've become a city of connoisseurs, experts and legit sauna nerds—it's so fun."

Here are 10 great sauna experiences in Minnesota and Wisconsin.

## Sauna Village at the Great Northern Festival, Minneapolis



A group of people sitting inside a mobile sauna



You can try different saunas—like Urban Wing's translucent custom builds— at a pop-up village during The Great Northern fest in Minneapolis. PHOTO: JAYME HALBRITTER FOR THE GREAT NORTHERN

Dip your toe into sauna culture at [The Great Northern's](#) annual Sauna Village. Try out a variety of heat levels, structures and experiences from the mobile saunas of popular companies. You can buy a pass to bop around on your own time, or join a guided experience with a pro leading participants through cycles and varying heat levels.

## Hewing Hotel, Minneapolis

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The Hewing Hotel has both rooftop saunas and cold plunge tubs. PHOTO: COURTESY OF HEWING HOTEL

On Thursday evenings, John Pederson hosts Thermaculture classes at [this North Loop hotel](#). Each session includes a gentle guided steam, aromatherapy, mindful meditation and light breath work. The 90-minute ticketed event is open to the public. Hotel guests can enjoy the heated rooftop pool and dry sauna any day.

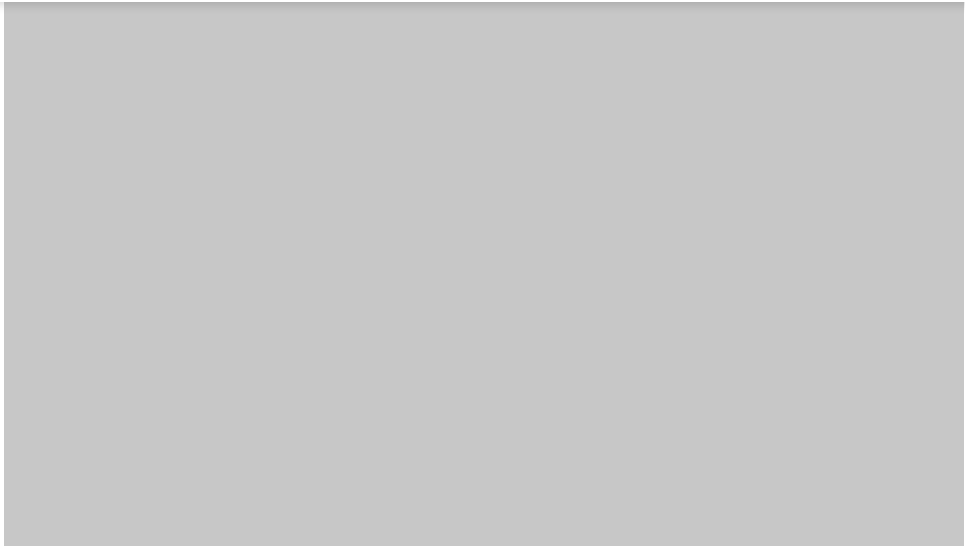
## Sauna Camp, Excelsior, Minnesota

Imagine the camaraderie of a summer camp, but in the middle of winter. On the edge of Lake Minnewashta 30 minutes west of Minneapolis, [Sauna Camp](#) hosts two-hour sessions where you can rotate between eight wood-fired barrel saunas. But the coolest part? Plunging directly in the frigid lake via holes carved in the ice. One of cold therapy's many benefits: it's an immediate mood boost.

## Wild Rice Retreat, Bayfield, Wisconsin

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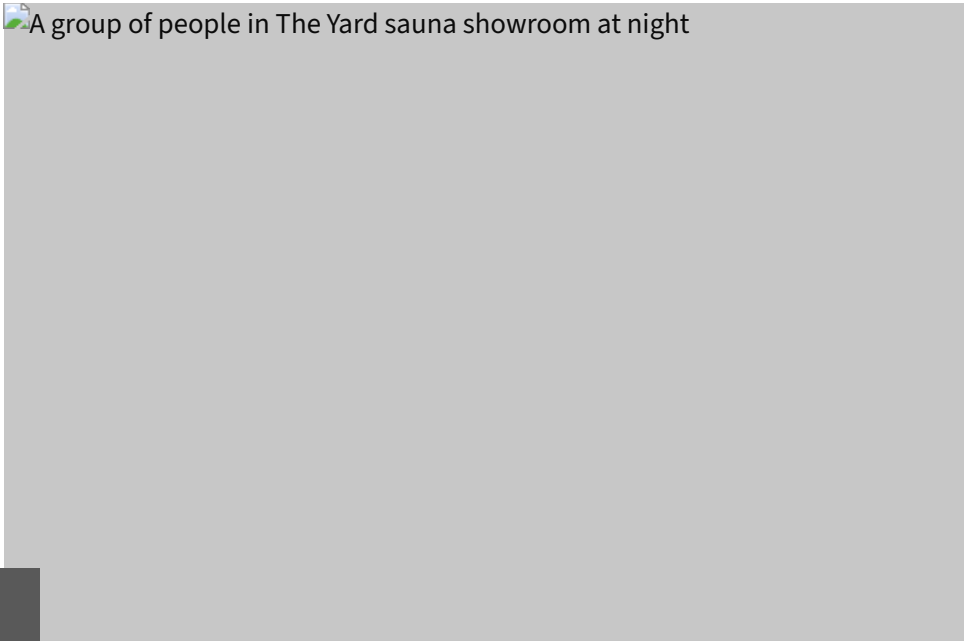
At Wild Rice Retreat, take in views of the woods from the cedar sauna— and don't skip the rain shower after. PHOTO: COURTESY OF WILD RICE RETREAT

Immerse yourself in the beauty of winter at [this wellness escape](#) near Lake Superior. Guided retreats are offered year-round; seasonal options include a Let It Go retreat for the New Year (December 27–29), and The Art of Rest and Renewal featuring yoga, sauna rituals, outdoor hikes and meditation (January 23–26).

**RELATED:** [This Unique Way to Explore Bayfield Focuses on Wellness and Outdoor Adventure](#)

## The Yard, Minneapolis

 A group of people in The Yard sauna showroom at night

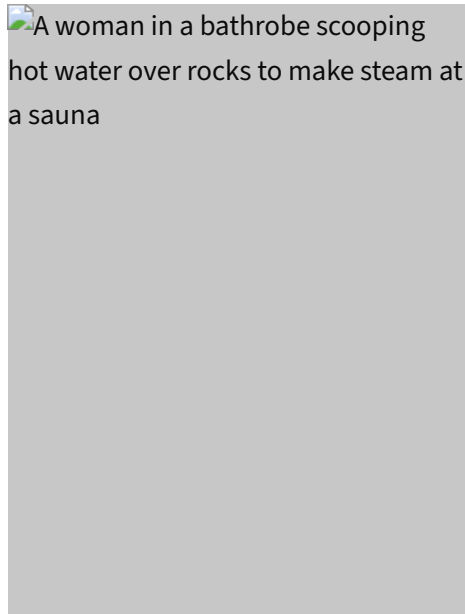


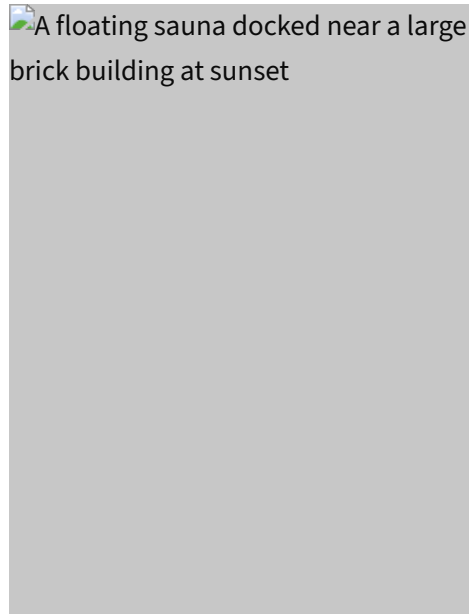
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Part of Superior Steam and Sauna, [The Yard](#) isn't your typical showroom. Yes, products are on display, but for \$25, you can relax for an hour among outdoor saunas, cold showers, a misting pergola, patios and fireplaces. The vibe is chill and quiet, with an accompanying playlist. You can also buy a season pass for \$200.

## Cedar and Stone Nordic Sauna, Minneapolis and Duluth

A woman in a bathrobe scooping hot water over rocks to make steam at a sauna

A floating sauna docked near a large brick building at sunset

L: Cedar and Stone's saunas on the roof of the Four Seasons Hotel host both private and communal sessions. PHOTO: ETHAN SCHULTZ

R: Hop aboard Cedar and Stone's floating sauna in Duluth. PHOTO: ETHAN SCHULTZ

A custom in-home sauna company, Cedar and Stone also offers two public experiences. In Duluth, guests can board a barge in the harbor for [guided experiences in a floating sauna](#). Two sleek saunas on the roof of the Four Seasons Hotel in Minneapolis host [private or communal sessions](#). Afterward, relax with herbal tea while overlooking the skyline.

## Watershed Spa, Minneapolis

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Spend time in hot and cold baths and a sauna at Watershed. PHOTO: COURTESY OF WATERSHED SPA

[Watershed](#) is a modern interpretation of an ancient communal bathhouse. Start your session with a shower and salt scrub before rotating between a hot pool, steam room, sauna and cold plunge. A dark and starry sky above the pools sets the mood for a quiet, restorative experience.

## Sand Valley, Nekoosa, Wisconsin

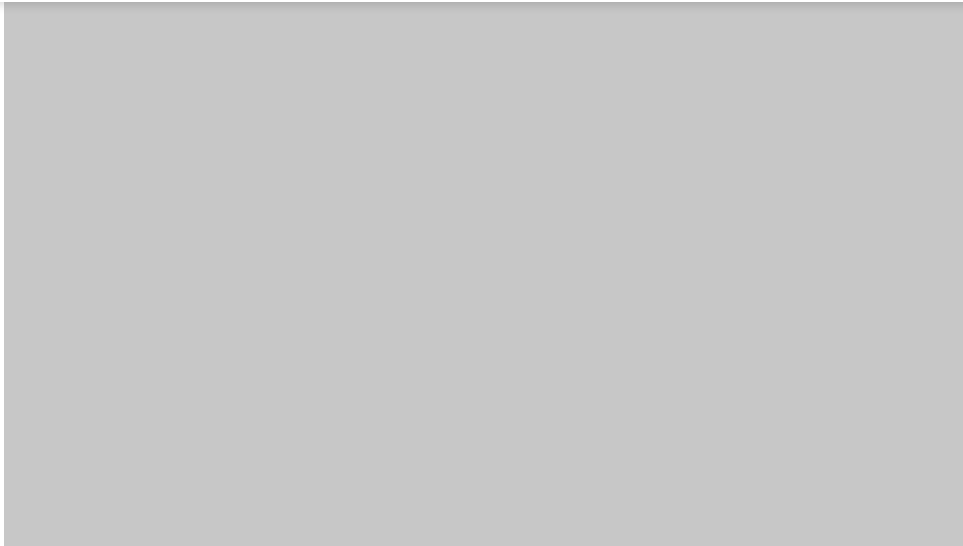
This central Wisconsin resort hosts an annual [Elemental Wellness Retreat](#) focused on contrast therapy— pairing heat sessions with cold exposure. The four-day event (January 17–20) draws on the principles of Wim Hof, a Dutch extreme athlete who preaches the gospel of cold therapy. Yoga breath work and sauna mentally and physically prepare guests for frozen-lake plunges and winter hikes sans coats.

## Sisu and Löyly, Grand Marais, Minnesota

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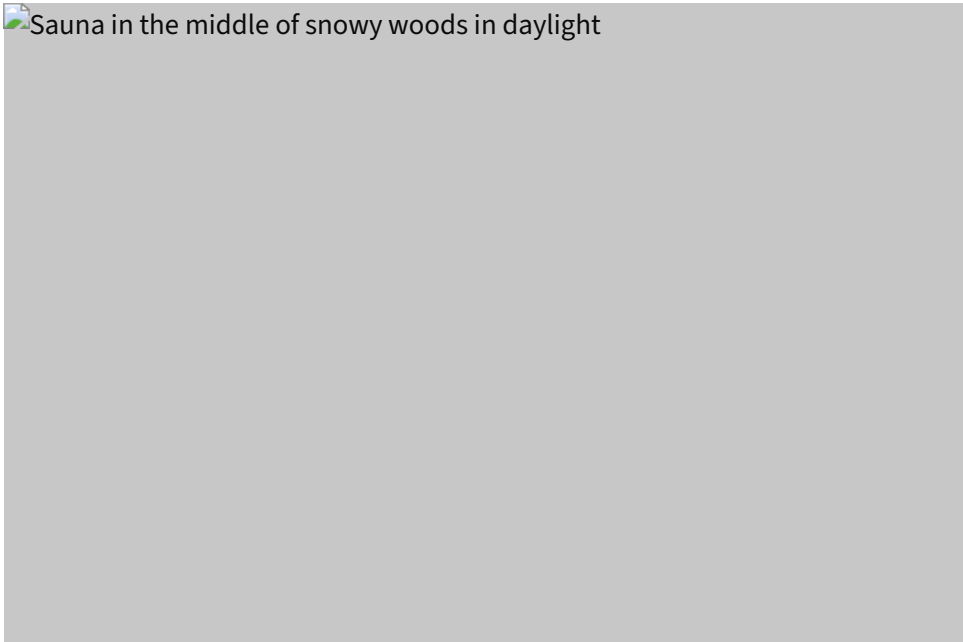


Enjoy views of Lake Superior from the window in Sisu and Löyly sauna. PHOTO: ACKERMAN + GRUBER

Sisu is a Finnish word evoking grit and tenacity—fitting for Minnesotans as well. At this little red lodge by Lake Superior, you can cycle between a sauna with a water view, a firepit and a plunge in the lake. [Sisu and Löyly](#) also has a floating sauna on Devil Track Lake, open in warm months, and a mobile sauna in Lutsen in winter.

## Silvae Spiritus, Finlayson, Minnesota

 Sauna in the middle of snowy woods in daylight



Embrace the peace of the woods at Silvae Spiritus. PHOTO: JON KREYE

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forest” in Latin.) With minimal human noise, you can soak in a wood-fired hot tub, meditate in a sauna or plunge in a cold tub— all surrounded by the woods. Cabin guests can also join guided walks and meditative sound immersions.

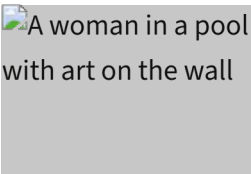
## More Great Saunas

You don't have to look far in the Upper Midwest to find a sauna. Here are some other great spots: [Takka Saunas](#) (Eagle Harbor and Hancock, Michigan); [Nordic Night](#) (Stevens Point, Wisconsin); [Ambique](#) (Chicago); and [Hot Spell](#) (Milwaukee).

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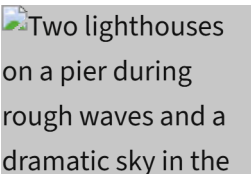
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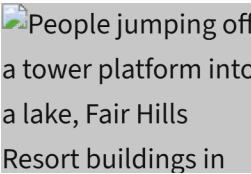
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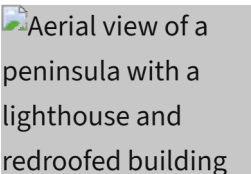
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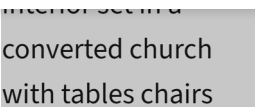
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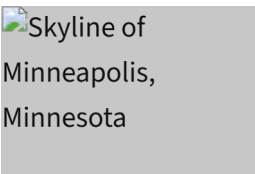
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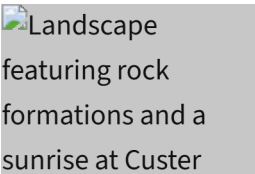
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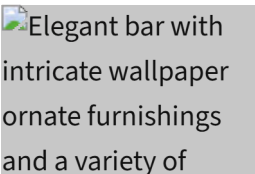
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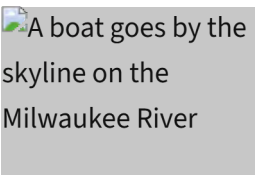
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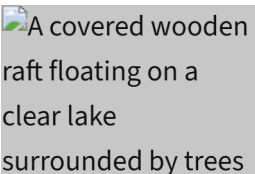
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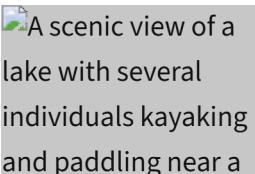
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clear lake near a city  
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# CEDAR & STONE NORDIC SAUNA

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Cedar & Stone Nordic Sauna are not only partners of ours, they are dear friends and neighbors along the North Shore in Duluth, MN. Since their inception, they have focused on the use of innovative, sustainable materials in their line of hand built, Nordic Saunas. One of these materials is our thermally modified wood, used as both siding and decking as well as trim and accent features throughout a variety of past builds and future designs.

Here we take a look at some of the wonderful creations that have come out of their studio in Duluth, MN.

For more information on Cedar & Stone, visit [cedarandstonesauna.com](https://cedarandstonesauna.com) and be sure to follow them [@cedarandstonesauna](https://twitter.com/cedarandstonesauna)

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Cedar & Stone Nordic Sauna is on a mission to host 1 million people for sauna to build more resilient lives by 2033.



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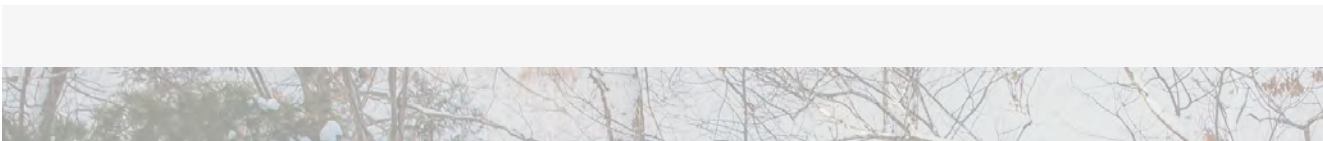


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**Project Feature:** Model 3 and Model 5 Saunas with [BRNSH Burned & Brushed Pine, Black Oil](#) at The Four Seasons Hotel Minneapolis - See Video of This Project [Here](#)

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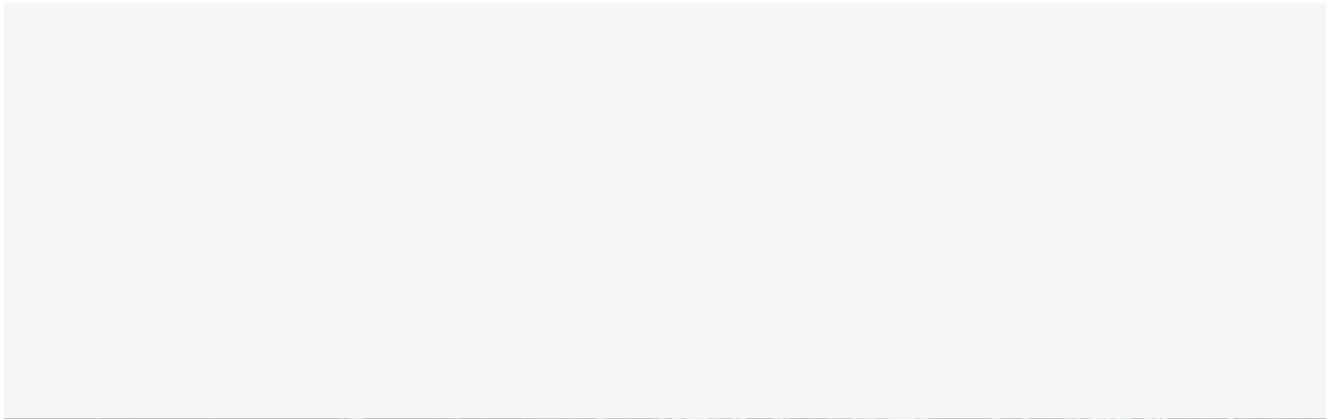


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**Project Feature:** Model 5+ with ELMNT Brushed Pine, White Oil Siding

Photos provided by Cedar & Stone

“The best way I know to relieve stress, the most efficient and effective, it literally works every time is... The Nordic sauna.”


— Justin Juntunen, Co-Founder - Cedar & Stone Nordic Sauna

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# Embracing the Nordic Cycle: Health Benefits of Saunas and Cold Plunge Tubs

Posted: October 3, 2024

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In recent years, the Nordic Cycle—a practice that combines alternating sessions in a sauna with a cold plunge—has gained popularity for its potential health benefits. This ancient ritual, rooted in Nordic traditions, is not only invigorating but also backed by a growing body of scientific research highlighting its numerous advantages. The experts at Aqua Quip have done extensive research to bring you the very best in saunas and cold plunge tubs to help you reap the benefits of the Nordic Cycle in your own home.



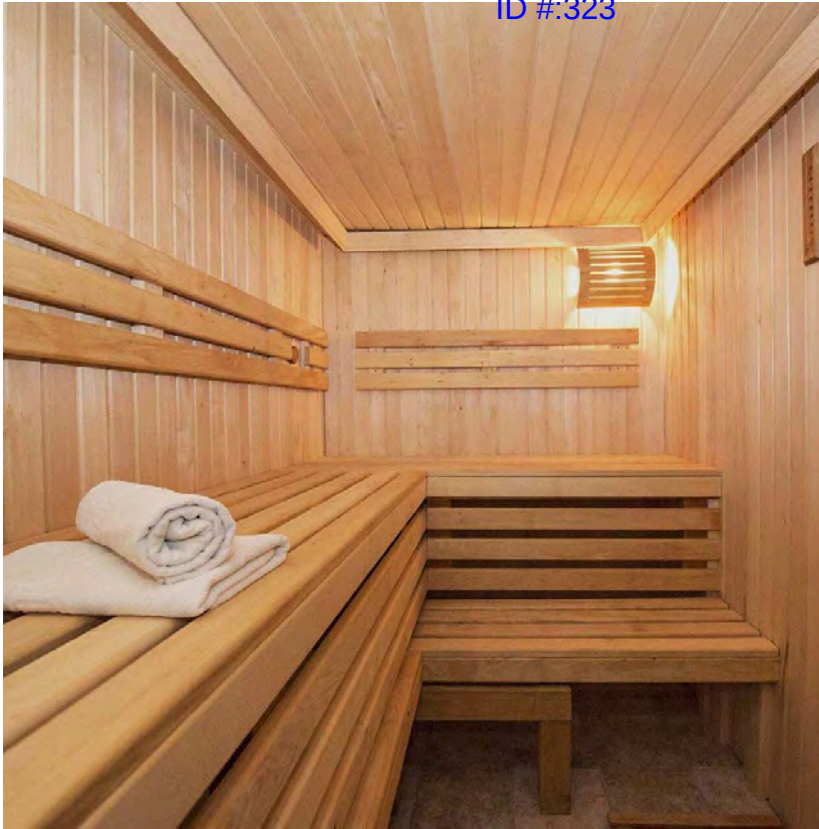
## The Nordic Cycle: A Brief Overview

The Nordic Cycle typically involves spending time in a sauna, followed by a plunge into a cold plunge tub like the Chill Tub Pro or Jacuzzi Kodiak. This sequence is repeated several times, with the hot and cold exposures working in tandem to enhance overall well-being. The process usually starts with a sauna session lasting around 15-20 minutes, followed by a quick, refreshing immersion in cold water for 1-3 minutes, and then a period of rest before repeating the cycle.

## Health Benefits of Saunas







### **1. Improved Cardiovascular Health**

Regular sauna use has been linked to improved cardiovascular health. The heat from the sauna causes blood vessels to dilate, which improves circulation and lowers blood pressure. Studies have shown that frequent sauna users have a reduced risk of heart disease and stroke. The increased heart rate experienced during a sauna session can be comparable to moderate exercise, providing a cardiovascular workout without physical strain.

### **2. Enhanced Detoxification**

Sweating in the sauna helps to expel toxins from the body. The elevated temperature stimulates sweat production, which can aid in the removal of heavy metals and other waste products from the body. This detoxification process is often cited as a reason for the feeling of rejuvenation and clarity that follows a sauna session.

### **3. Relaxation and Stress Relief**

Saunas are renowned for their ability to promote relaxation. The heat helps to relax muscles, alleviate joint pain, and reduce overall stress levels. The soothing environment of the sauna, combined with the release of endorphins, creates a calming effect that can help to improve mental well-being and promote better sleep.

## **Health Benefits of Cold Plunge Tubs**



### **1. Reduced Inflammation and Muscle Soreness**

Cold plunge tubs, or cold water immersion, are often used by athletes to reduce inflammation and muscle soreness. The cold water causes blood vessels to constrict, which helps to decrease swelling and numb pain. This can be particularly beneficial after intense physical activity, aiding in faster recovery and reducing muscle fatigue.

### **2. Enhanced Immune Function**

Exposure to cold water has been shown to stimulate the immune system. Cold immersion is said to increase the production of white blood cells, which play a crucial role in fighting off infections and diseases. Regular cold plunges may contribute to a more robust immune response, enhancing overall health and resilience.

### **3. Improved Circulation and Mental Clarity**

The shock of cold water immersion causes blood vessels to constrict and then dilate once the body warms up again. This process improves circulation and can lead to better oxygenation of tissues. Additionally, the invigorating nature of cold plunges can boost alertness and mental clarity, making it a refreshing way to start the day or recharge during a midday slump.

### **The Synergistic Effects of Combining Heat and Cold**

The combination of saunas and cold plunge tubs creates a unique physiological response known as contrast therapy. Alternating between hot and cold exposure stimulates the circulatory system, enhancing blood flow and promoting the efficient delivery of nutrients to tissues. This cyclical process can help to accelerate recovery, reduce muscle soreness, and improve overall physical and mental well-being.

Moreover, the Nordic Cycle can be a deeply satisfying experience that promotes mindfulness and relaxation. The ritual of moving between the intense heat of the sauna and the refreshing cold of the plunge can serve as a meditative practice, helping individuals to center themselves and escape the stresses of daily life.

### **Incorporating the Nordic Cycle into Your Routine**

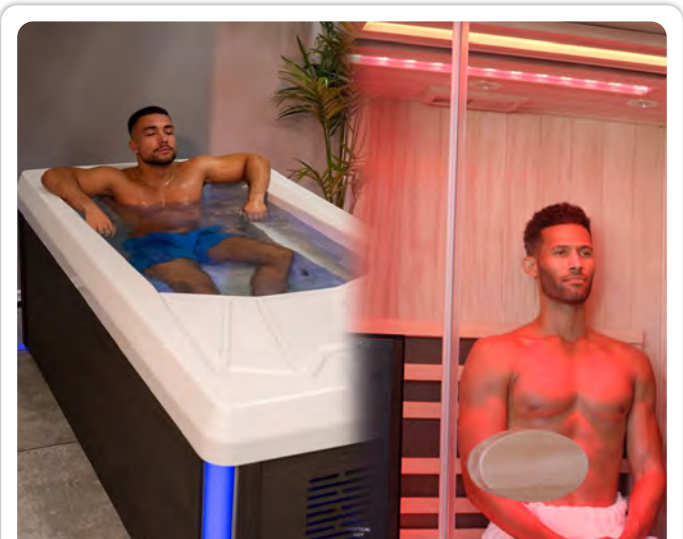
For those interested in trying the Nordic Cycle, stop in and see the experts at Aqua Quip to try out the array of sauna and cold plunge models available for both indoor and outdoor applications. Turn your home into a wellness center for self care and make this the best year of your life.

As with any wellness practice, it's a good idea to consult with a healthcare professional before starting, especially if you have underlying health conditions or concerns.

Conclusion

The Nordic Cycle, with its combination of sauna and cold plunge tub sessions, offers a range of health benefits, from improved cardiovascular health and enhanced detoxification to reduced inflammation and better mental clarity. By incorporating this ancient ritual into your wellness routine, you may find a new level of vitality and balance, embracing the invigorating power of heat and cold. So, step into the heat, take the plunge, and experience the transformative effects of the Nordic Cycle with an Aqua Quip near you.

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
Aqua Quip has 11 locations throughout the Puget Sound from Lynnwood to Puyallup. Use the map to find a store near you! All of locations are ready to help you find everything from barbecue accessories to a brand new hot tub!

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# I am considering installing a Nordic Sauna in my garden, what are the different available types and designs of exterior sauna and tips before buying?

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 **Kari Autero**  
Native Finn, familiar with the Finnish sauna culture · Author has **7.5K** answers and **21.7M** answer views · 6y

I think that the essential questions before choosing a sauna are related to two things: first the regulations in your country or area concerning fire and sewage and secondly what functions you wish to have in your sauna.

**The sauna stoves** can be electric or wood burning models. An electric stove can be installed in any sauna, but a wood burning sauna produces smoke and there may be limitations for that in some areas.

I prefer a wood burning stove for the quality of a sauna session, but it needs more work and I don't have enough time to use at work days, so its use is limited to the days I'm free. It doesn't really take that much of timebut adding wood and carrying water are away from my other tasks in the evening, so in practice I prefer the electric stove during the week. In the weekends I prefer the wood burning stove (I have several saunas so I can choose). Both electricity and wood will cost some money, but firewood also needs a shed to be stored.

**Water is always used in a sauna.** You probably don't plan to install plumbing in your garden, but the water used in a sauna must go somewhere even if you carried the water in. Do you wish to be able to wash yourself in your sauna? That's the normal presumption in Finland: you have your heat sessions and in the end you'll wash yourself. And that ends up with waste water draining out of your sauna. What are the regulations for waste water in your area? You may have to install some sort of a cleaning system for them. Here are a couple of pictures of simple waste water systems in Finland, meant for summer cabins and other random use: [Mökkivedet | KVVY](#)

If you are planning to do all the washing in the house, you don't need such systems for one or two buckets of water you use for throwing water on the stove. But you must rinse the benches after use, so that adds to the total amount of water used. It's up to your country's rules.

**A simple sauna is just a heated room.** There are models that consist only of that one sauna room with nothing else. But there are functions you may want to include. You may want some sort of a canopy in front of the sauna. If it rains it's nicer to cool down in a shelter and your clothes stay dry under it. You may want a dressing room attached into your sauna. It offers a protected space to undress and to store accessories like towels, maybe a small refrigerator or extra firewood in case you have a wood burning stove. There are ready models that cover all these wishes.

Here is one that has been planned to be a nice place to spend time in all weathers: [https://saunat.net/useruploads/files/esitteet/metsola15\\_esite.pdf](https://saunat.net/useruploads/files/esitteet/metsola15_esite.pdf)  
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A smaller and cheaper model with same functions: [https://saunat.net/useruploads/files/pohjakuvat/metsola14b-saunamalli\(58\)\\_pohjakuva.pdf](https://saunat.net/useruploads/files/pohjakuvat/metsola14b-saunamalli(58)_pohjakuva.pdf)  
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A model wit a saunaroom and a canopy: [Spring UP pihasauna kiukaan kera tai valmissauna | Finnpeak](#)  
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A very simple model with only the sauna room: [Pihasauna KV6S](#)  
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I like this model, because it has enough space in the actual sauna room. You can actually wash yourself there comfortably: [Valmissauna Happy Steam | Finnpeak](#)  
Source page: [Valmissauna Happy Steam | Finnpeak](#)

**Barrel saunas seem to be popular.** I'm not agains them, but I find one problem in them though: they are too low. A sauna should be high enough so that your feet are on the same level as the rocks in the stove. Only then they get heat. In barrel saunas your feet are on the floor, so they don't get heat at all. It's up to your wishes of course, whether this is important. You see barrel saunas too on those pages that I linked.

Related questions

[How can I build a small sauna for two people in my house?](#)

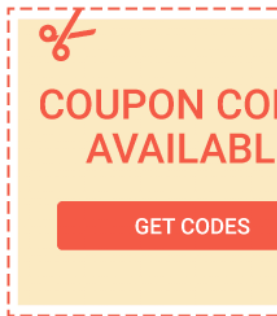
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do that.

You need a biggish tub for cold water and a smaller one for hot water. When you wash, you just mix those in a bucket to have nice warm water. Then you use a ladle to wet and rinse yourself. That may feel difficult and inconvenient in the beginning but you'll learn it. "Every Finn" knows how t do that and I personally enjoy it more than a shower. It's a soft and peaceful way to clean yourself.

Water heater models:

One that's been built around a chimney: [Parra piippuvesisäiliö 30 l, RST](#)

This one doesn't require extra space because it's above the stove. The only problem is that the water tends to boil, it heats too efficiently.

A small model with a fixed hot water tank. This is the most common model in Finland, I think: [Helo 16 PK ES vesisäiliöllä puukiuas | Karkkainen.com verkkokauppa](#)

A separate ...cauldron? ...pot? for heating water. This requires a bigger sauna room of course. It stems from the time when also laundry was done in a sauna. You won't run out of hot water no matter how much you wash yourself :-)

[Google Image Result for http://www.kolumbus.fi/olli.sylvestersson/Kuvia/Sauna/kiuas%20ja%20pata.jpg](#)

You notice that all of these heaters work only in a wood burning sauna.

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**Lisa Dawson**  
Finance Writer at The Penny Hoarder · Updated Jul 31

**What's some brutally honest advice that everyone should know?**

Here's the thing: I wish I had known these money secrets sooner. They've helped so many people save hundreds, secure their family's future, and grow their bank accounts—myself included.

And honestly? Putting them to use was way easier than I expected. I bet you can knock out at least three or four of these right now—yes, even from your phone. Don't wait like I did.

**1. Cancel Your Car Insurance**

You might not even realize it, but your car insurance company is probably overcharging you. In fact, they're kind of counting on you not noticing. Luckily, this problem is easy to fix.

Don't waste your time

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**Bill Pentz**  
Former Biomedical Computer Engineer Instructor & Inventor at CSUS and UCD (1968–1999) · ... · 6y

You want one that is both water and weather proof for your area. It needs to be powered appropriately with good quality controls and components. The components you use need to be

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kinds of toxins that can have som

**Christian Pilling**  
Studied at Homes and Houses (Graduated 2014) · Author has 236 answers and 218.8K answer vi... · 6y

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Then there is the infrared sauna. I think personally that should not be called a sauna as in my humble opinion its not really a sauna at all. All potential recorded health benefits are biased towards a traditional Sauna. I would not personally consider an infrared Sauna. You also don't get steam from an infrared Sauna, and this is very important.

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**Angie Johnson**  
Studied at University of Michigan · Author has 710 answers and 2.2M answer views · 6y

Related **Do saunas actually detoxify?**

This is kind of like ‘guns don’t kill people. people with guns kill people.’

Saunas don’t detoxify: bodies that are using saunas appropriately will accelerate detoxification.

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**Anthony Madden**  
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**I just bought my first house. Homeowners: what are some things you wished you knew when you bought your house?**

I've been a homeowner for 4 years. These are the biggest things I wish somebody told me on day one.

**1. Your home equity is a gold-mine. If you need cash, stop taking out high-interest loans.**

So many people take out high-interest payday loans - please don’t do this. If you get into trouble you can typically get a relatively low-interest HELOC (a [home equity line of credit](#)).

Essentially with a HELOC, you’re borrowing against the equity you have in your house and use it for whatever you need (much like a credit card).

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**Mike Green**  
1y

Related **What are the different types of outdoor saunas available, and how do they differ in terms of design, materials, and functionality?**

There are several types of outdoor saunas, each differing in design, materials, and functionality. You can find a detailed guide to outdoor saunas at <https://solasauna.com/>.

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**What type of outdoor sauna is best?**

The best type of outdoor sauna is a jury rigged wilderness sauna on a moon lit night on a smooth rock about six feet above a pristine lake that you can only access by canoe.

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Ethan Anderson

Senior Writer at CashCanvas (2024–present) · Updated Apr 21

**What are the biggest missed opportunities for building wealth that most people don't know about?**

**1. Overpaying on Auto Insurance**

Believe it or not, the average American family still overspends by \$461/year<sup>1</sup> on car insurance.

Sometimes it's even worse: I switched carriers last year and saved literally \$1,300/year.

Here's how to quickly see how much you're being overcharged (takes maybe a couple of minutes):

- Pull up [Coverage.com](#) – it's a free site that will compare offers for you
- Answer the questions on the page

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**What should you consider when choosing the size and design of your outdoor sauna to ensure optimal comfort and functionality?**

The materials it is made from, but more importantly the amount of use it will get when the novelty of using it wears off. We have an indoor sauna, it is a complete waste of space, having been extensively used when new, but now neglected for much of the time, - and we are not the only ones who have experienced this. The same goes for Hot Tubs, our neighbourhood is full of them, slowly deteriorating in gardens and never used, many now probably beyond

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**How can I build a small sauna for two people in my house?**


I am not very DIY skilled and my wife and I also wanted a home Sauna, I found a company online, oceanic saunas, and bought a ready made kit form Sauna. There are other companies I sure, I paid a local handy man and between us we built the Sauna in my shed in 2 days, it was in quite large number of parts! The Sauna is big enough for 2 people and I am extremely happy with it. Having a specialist company sell you every thing you need in one go is just imho the

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Charles Anthony

Content Writer at Almedia (2025–present) · Thu


How can you earn \$100 online?

I made \$3,500 with this one side hustle that literally no one talks about.

So I was drowning in student loans and my part-time job wasn't cutting it. I needed to make at least \$100 fast or I was gonna be eating ramen for another month straight. Then I discovered something that completely changed my financial situation.

Stop scrolling and listen to this - it actually works, but only if you don't wait around like I did at first.

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P.H.A.T. "D"

Enjoying Sexual playfulness & Pain with binder clips · Author has 272 answers and 621.5K answers · 2y

Related What type of seating options should you consider for your outdoor sauna?

For this Answer there's so many possibilities since you don't state how big of a Sauna you want. Most gyms and public saunas are All about Quantity not quality. So they use the stairs type seats to get as many bodies in there as safely possible. Some more private saunas I have seen have the Cedar benches with backs and available foot props so people can relax. I personally makes it extremely hard to breathe. So all my experience is from my younger days. 🍌

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George


Former Organic Farmer Selling at Farmers Markets (1992–2016) · Author has 1.4K answers and 1,000 answers · 1y

Related What is the best location for a garden sauna cabin?

In the garden? Ok so maybe it's not a trick question. So you want to have a sauna nestled in a garden. Just like real estate, location, location, location. You'll want a nice sunny place that is sheltered from the wind. But you can really garden anywhere and for a sauna you will need water and electricity. Will you be heating the sauna with electricity or perhaps propane? You will need to review the specs for the sauna to make sure you have enough power to operate it correctly. Hopefully you have an access to water and electricity so this maybe what helps.

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Larry Lewyn

Studied at Emory University · Author has 91 answers and 63.6K answer views · 1y

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Reliability. Most saunas today have digital controls. If they fail it can be frustrating trying to repair. Warranty terms are obviously important. I would recommend you do a reddit search to see what owners think.




Raihanul Islam Shishir

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Related How can I build a small sauna for two people in my house?

**Building a sauna yourself** is the dream of many home improvement and wellness friends. The sweat cure, which has been valued by the Finns as a health fountain for centuries, can be brought home at a **reasonable price with the help of a sauna kit**. After all, a sauna is no longer an unattainable luxury: many manufacturers offer compact sweat cabins for home use. **A few unused square meters in the local cellar** are ideal for this as a location. So you can always go for a round of sweat when the desire grabs you.




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12

https://www.quora.com/I-am-considering-installing-a-Nordic-Sauna-in-my-garden-what-are-the-different-available-types-and-designs-of-exterior-sauna-... 5/7

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Kari Autero

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How is the Finnish sauna different from other saunas?


A Finnish sauna, and Russian, Estonian Latvian, Lithuanian, Karelian, Vepsian etc. saunas are all essentially the same thing. There are local differences in architecture, habits etc. but they are basically all the same, a big cultural and historical continuum in the North-East Europe.

All nations here have their own word for a sauna and it tells about the ancient nature of a sauna here. In Finnish it's sauna, in Estonian saun, in Latvian pirts, in Lithuanian pirtis, in Russian banya. Even the Swedes have their own word for it: bastu.

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A sauna is an ancient way to bathe and it has remained a vivid





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Natural Living

The Real Difference between Infrared and Traditional Nordic Saunas

A breakdown of the health benefits of both infrared and traditional nordic saunas + our personal experience with each



Hi, I'm Emily.

Welcome to Hearty Sol where I share recipes, DIY projects and our farm family story with the world!

I love sewing, working with leather and wood, creating simple heart recipes, fun projects and keeping up with our menagerie of children, gardens and animals around here.

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# Infrared vs. Traditional Nordic Saunas: The Science and Health Benefits

After personal experience with both infrared and traditional saunas, we have seen firsthand how the type of sauna you use will affect the health benefits you receive and your overall sauna experience.

## Traditional Nordic Sauna

- **How It Works:** Traditional saunas, such as Nordic or steam saunas, use a heat source to warm the air to temperatures around 150-195°F (65-90°C). This intense heat stimulates sweating and increases core body temperature. The humidity can range up to 30%, depending on whether water is poured over hot stones, creating steam.
- **Health Benefits:** Research, including studies by the Mayo Clinic and JAMA Internal Medicine, indicates that traditional saunas offer cardiovascular benefits by

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promoting increased heart rate and circulation, similar to moderate exercise. Regular use has been linked to improved heart health, detoxification through sweating, and reduced stress levels. The heat can also relieve muscle and joint pain, making traditional saunas ideal for those seeking relief from physical tension.

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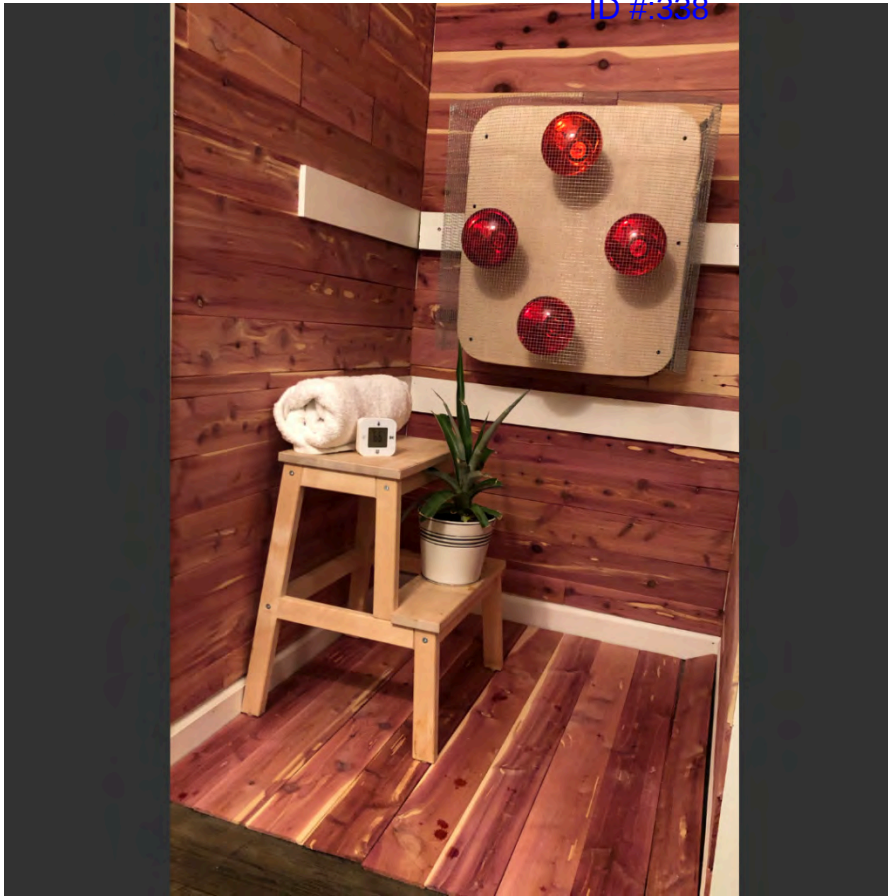
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**Infrared Sauna**

- **How It Works:** Infrared saunas operate differently by using infrared light to heat the body directly rather than the surrounding air. This keeps temperatures lower, typically between 120-140°F (49-60°C), making them a gentler option for those sensitive to high heat.
- **Health Benefits:** Infrared heat penetrates deeper into tissues, which can be beneficial for muscle soreness, muscle recovery, and pain relief. The lower temperature allows for longer sessions, promoting a moderate level of detoxification and a soothing effect on muscles and joints. However, infrared saunas may not provide the same cardiovascular benefits as traditional saunas since the lower temperature does not elevate the heart rate or blood circulation to the same extent.



## Infrared in our basement: our first Sauna trial

Twelve years ago, I longed so badly for a sauna in our basement. I was on a budget and fairly handy at DIY, so I built one in the bathroom closet. I paneled it in cedar, added infrared heat lamps to heat the space, plopped a stool and a fresh towel down and thought there, now I have a sauna. Before using the sauna, I would go down to plug it in 15-20 minutes before.

It was dark and lonely down there. Only space for one person to sit on the stool, but I was warm. The infrared sauna session was the same feeling as pulling a hot towel out of the dryer. I would eventually get warm enough to sweat, then take a shower and go to bed. But something felt like it was missing. What I had built was a 'microwave'.





## The 360-Degree Clear Sauna Experience

After trying infrared, I realized I needed real fire, steam and connection. After many years and lots of research we opted for the custom made camper/ greenhouse/bread-raising/ **sauna** that we have now! We rarely start it up just for ourselves, so every Sunday we invite some friends or family to join us for Sauna Sunday. We love to share it with anyone who wants to experience it's benefits. Because when you surround yourself with like-minded people and everyone's healthier, your community becomes healthier and it trickles down to so much more than sitting in a sauna with some people every week.

Our 360-degree clear **sauna** offers the best of traditional sauna benefits, with the added experience of panoramic, non-claustrophobic views that bring you closer to nature. Here's what makes our sauna unique:

- **Open and Inviting Design:** The transparent walls eliminate any feelings of confinement, providing an open space that's both relaxing and visually pleasing.
- **Immersive Sunset Views:** Imagine winding down in a warm sauna with stunning sunset views—this scenic element creates a calming atmosphere that enhances the sauna's relaxation benefits.
- **Enhanced Social Interaction:** The spacious, clear design promotes a shared experience with friends and family, making the sauna session both a wellness activity and a time to connect with loved ones.

Find out more about our [custom-made sauna here](#).



## The Social and Cultural Aspects of Traditional Saunas

In many cultures, traditional saunas are deeply communal experiences. Annette Scott from Kodawari Studios emphasizes the unique social benefits of traditional saunas, where shared spaces encourage relaxation, open conversations, and bonding. According to the Global Wellness Summit, communal activities like sauna bathing can lower stress, improve emotional well-being, and even boost immunity through the release of oxytocin, the “feel-good” hormone. This makes traditional saunas more than just a wellness tool; they’re an experience that brings people together, fostering connection and community.

It’s a time to unplug, connect, converse, catch up with deep meaningful conversations, and immense natural relaxation from a crackling fire, steamy rocks, all while we watch the sunset over the field letting our natural melatonin kick in.





## Thinking about saunas in the same way we think about food

Infrared saunas are like the microwave of the kitchen. We can get our calories, it works. But it always left me feeling like something was missing. And now I knew what that was. We can sit in the **sauna**, while a hot fire burns, warming the cedar benches, chatting about our week. Eventually once it starts to cool to about 150 I add a scoop or two of essential oiled water to the top of the rocks and the entire sauna steams up. Now this, THIS feels like a grown-up way of eating. There's just something so different about wood fire and steam. It nourishes my appetite so much more fully.

Now, don't get me wrong. I'm not saying 'microwaves' are bad. We have one. It serves a purpose. I do however feel like we've not only invested in our family's health future, but also created community, togetherness, and a well-rounded health connection for whoever joins us.





## Common Questions About Infrared and Traditional Saunas

**Do infrared and traditional saunas offer the same health benefits?**

- No, each sauna type offers unique benefits. Traditional saunas provide cardiovascular and detox benefits at high heat, while infrared saunas are more suited to pain relief and deep muscle relaxation.

**Are there any cultural components to traditional saunas?**

- Yes, traditional saunas are integral to many cultures, particularly in Nordic countries, where they're valued for both health and social connection. Sauna sessions often involve family or community members and are a time for relaxation and bonding.

**Can infrared saunas help with weight loss?**

- Infrared saunas do increase calorie burn but usually at a modest rate. Traditional saunas may support weight loss more due to their higher heat and heart rate elevation.

**Which sauna type is better for beginners?**

- Infrared saunas may be more accessible for beginners because of their lower temperatures, making it easier to acclimate to heat therapy gradually.

**How long should a typical sauna session last?**

- For traditional saunas, sessions of 10-15 minutes are ideal, while infrared sessions can last 20-30 minutes due to the gentler heat. Always listen to your body and stay hydrated.



# Final Take on Infrared vs. Traditional Saunas

Both traditional and infrared saunas offer fantastic wellness benefits, from detoxification to muscle relief and stress reduction. However, when we are comparing an infrared vs traditional sauna the communal and cultural aspects of



traditional saunas, especially in our 360-degree clear sauna, create an experience that's more than just a session—it's a holistic escape that refreshes mind, body, and spirit. Whether you're seeking a space for solo relaxation or shared time with friends and family, consider adding the open, scenic comfort of a 360-degree clear sauna to your wellness routine.

## Resources to help you dig deeper

- Saunas and Social Connection by Global Wellness Summit
- Cardiovascular and Other Health Benefits of Sauna Bathing by Mayo Clinic
- Association between Sauna Bathing and Fatal Cardiovascular and All-Cause Mortality Events by Jama Internal Medicine

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**Cheers,**  
*Emily*



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**INFRARED VS. NORDIC SAUNA**

In our latest YouTube video, we're addressing a question we hear ALL. THE. TIME.

What's better: infrared or Nordic sauna? We know, it's no surprise which side of the line we stand on. We're here to explain *why* we feel so strongly about the answer.

We sit down with Annette Scott of Kodawari Studios (<https://www.kodawaristudios.com/>) to discuss the differences between infrared and traditional Nordic saunas. We're taking a deep dive into the science, the health benefits, and cultural practices to help you understand the significant differences between these two modalities.

**The Difference Between Infrared Sauna and Nordic Sauna**



**In this video, you'll hear about:**

- 0:28 – The science of traditional sauna vs. infrared sauna
- 3:05 – The social benefits of traditional sauna
- 5:46 – Annette's business experience with infrared and traditional sauna
- 7:13 – The cultural component of sauna

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- Saunas and Social Connection by Global Wellness Summit (<https://www.globalwellnesssummit.com/trendium/trend-saunas-and-social-connection/>)

GO BEYOND THE HYPE



Want to learn more about common sauna myths and the health benefits of sauna? Check out our new on-demand course, Sweat Equity: The Sauna and Cold Plunge Masterclass (<https://cedarandstonesauna.com/sweat-equity/>), created in collaboration with Annette Scott of Kodawari Studios (<https://www.youtube.com/@Kodawariyoga>). ([https://www.youtube.com/redirect?event=video\\_description&redir\\_token=QUFFLUhqa3dMZOIFRUxyd2RyY0JySTYxelfQOFRPZE1M3xBQ3Jtc0ttTUowV0FIN1pUd0w4RU1XejR1aWZuc2VfcvY1gyOS0yZUluMDRWdzdpNkpRTWpRMFotbHVMequity%2F&v=rOLcvEdfvml](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqa3dMZOIFRUxyd2RyY0JySTYxelfQOFRPZE1M3xBQ3Jtc0ttTUowV0FIN1pUd0w4RU1XejR1aWZuc2VfcvY1gyOS0yZUluMDRWdzdpNkpRTWpRMFotbHVMequity%2F&v=rOLcvEdfvml))

As leaders who work every day to bring quality sauna to people's lives we know firsthand that almost everyone has more to learn about sauna, especially when it comes to the health benefits. Our goal has been to create an easy way for enthusiasts to dive into the research that matters so they can become a trusted source in their community on the transformative power of sauna and cold plunge.

This on-demand video course covers 16 different topics with a total of 2.5 hours worth of instruction given by industry experts Annette Scott and Justin Juntunen. Digestible videos allow you to dive in at your own speed on a range of topics covering the biological, psychological, and social benefits of sauna.



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Hours: Thursday-Monday 9am-9pm

**Design Studio & Manufacturing:**  
1325 N 59th Ave W Duluth, MN 55807  
Hours: Monday-Friday 9am-5pm

office@cedarandstonesauna.com  
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